

# RESEARCH BEFORE GETTING A BOOB JOB, PG 14

Sports pg 13

Runner  
wins 4th  
Blue Nose  
Marathon  
title



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TUESDAY, MAY 19, 2009

metronews

Celebrity Buzz



Neighbour  
willing to  
pay to kick  
Paris out

pg 18

## Home targeted by shooters: Cops

**CRIME** Police officers made two stops by a Halifax home yesterday after reports of gunshots.

They first responded to the residence on the 3500 block of Claremont Street just before 3 a.m. when they received a call about shots heard and a suspicious person seen in the area, Halifax Regional Police said.

They went back at 1:30 p.m., when the occupants had returned home, and found two bullets inside and a spent casing on the road, police said in a news release.

"Investigation to this point would indicate that this is not a random act," police said. **METRO HALIFAX**

## Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Halifax and Canada. This is also a Call to Action for you to send us your suggestions at [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca), [metronews.ca](mailto:metronews.ca) or on Twitter @metrohalifax.

On [metronews.ca](http://metronews.ca)  
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• Comment — Andrea Woo on relationships



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Halifax Chamber of Commerce president Valerie Payn stands on the deck of her Bedford home, which overlooks the Halifax Harbour. Water is what Payn loves most about living in HRM, calling it something that "is available for everyone."

## Now and tomorrow

Halifax Commerce president urges local plans for post-recession

**PHILIP CROUCHER**  
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**Think about now, but don't forget about the future.**

That's the advice of Halifax Chamber of Commerce president Valerie Payn when discussing the recession and how to beat it.

"We need to remember this will be over," she explains.

"The economy is cyclical and we must not forget that. But also then remember this is an opportunity to look to the future and make sure we're planning

and have all the building blocks in place for it."

While not feeling the pinch like other parts of Canada because our economy doesn't have as much manufacturing, Payn knows the recession is still affecting many in the Halifax Regional Municipality. But Payn said she remains "very confident" it will spring back, adding we must be prepared when that happens.

She says an important step for Halifax, and the rest of the country, is to develop a population strategy.

Payn says even before

**SunnySide**

this recession hit, HRM was struggling to find trained workers for certain employment fields.

She warns our current demographic forecast sees that only getting worse in the coming years.

"We're going to need people, we're going to need people who are educated (and) who are able to participate in the work force," says Payn, who also points to environmental initiatives and energy sustainability as important economic meas-

ures moving forward.

Payn loves many things about HRM, but water is her top choice. Her home in Bedford overlooks Halifax Harbour and she says water is a "wonderful aspect of our life that is available for everyone."

She also points to Point Pleasant Park and the Public Gardens as places that are free to enjoy in tough economic times.

"There are so many things to do in this city, and the things are free," she says.

"It's such a natural and beautiful place in the world."

## Just ignore attack ads, says NDP leader

**COLIN CHISHOLM**  
for Metro Halifax

**POLITICS** NDP Leader Darrell Dexter says recent attack ads against his party from the governing Conservatives are misleading and hopes voters will ignore them.

Dexter responded to the ads at a press conference in Dartmouth yesterday.

"Out of these guys, absolutely nothing will surprise me," Dexter said, referring to the ads, which include a family being forced to commute on a bicycle because of high gasoline prices.

The Conservatives argue that would take place under an NDP government.

The Tories have bought ad space on radio and TV, and are using their website to campaign opposite the NDP in hopes to sway voters.

"They're trying to mislead Nova Scotians about the NDP and about me," Dexter said.

Jordi Morgan, a campaign spokesperson for the Conservatives, said the New Democrats have released their fair share of attack ads, but most of them "focus on the leader."

"Darrell Dexter is clearly not engaging in a public policy debate; the NDP are attacking our premier," Morgan said.

"We're not doing anything to make Darrell Dexter look ridiculous," he added in reference to the ads. "We're making his particular policies look ridiculous."

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The province's teachers want the Education Department to help them find solutions for "chronic student absenteeism." That was just one resolution passed by 275 members of the Nova Scotia Teachers Union during their annual council meeting, held over the weekend in Halifax, a news release said. **METRO HALIFAX**

# Local



## Local politicians get nod from Maclean's

Nova Scotian federal New Democrats Megan Leslie, left, and Peter Stoffer, along with independent MP Bill Casey, were honoured by Maclean's magazine last week for their work on Parliament Hill. Leslie, who represents Halifax, was named the best rookie at the third annual Parliamentarians of the Year awards in Ottawa. Stoffer won most collegial and Casey is best constituent representative. **METRO HALIFAX**

## Man hospitalized after weekend stabbing, robbery

**KRISTEN LIPSCOMBE**  
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**ASSAULT** A 21-year-old man was in hospital on the long weekend after being robbed and stabbed Saturday night in north end Halifax, police say.

Halifax Regional Police said the man was walking near Brunswick and Gerrish streets when three male suspects attacked him just after 8 p.m. They pushed him onto the ground and punched him before grabbing his kit bag and running away.

It wasn't until he got home that the victim realized his upper body had been stabbed, at which point he went to Queen Elizabeth II Health Sciences Centre for treatment, police said. No arrests had been reported as of yesterday.

# Blue Nose back on track

**MATTHEW WUEST**  
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**At this time last year, Blue Nose Marathon organizers were sifting through dozens of complaints after a chaotic race route sent runners in all kinds of wrong directions.**

This year? "Not a single complaint," said event co-chair Rod McCulloch. "We got a whole bunch of, 'Wow, was that ever good!' It was probably the best we've done. More things came together this time than any other time in the past."

Blue Nose organizers re-tooled after last year's debacle, adding Maynard Street to the north-bound route to clear up confusion on Agricola Street. Not only did the plan work, but McCulloch — who ran the 10K — said Maynard was a perfect fit. "Going up Maynard was



Runners take off from the starting line yesterday at the Blue Nose Marathon. Scotsburn's David MacLennan, No. 291, won the men's race for the fourth time while Jen Nicholson from Prince Edward Island won on the women's side. **More coverage, pg 13.**

kind of magical," he said. "There is a crowd of people all the way up the street, as

far as you can see, sidewalk to sidewalk. It was beautiful." A record 8,073 participat-

ed on the weekend, including 2,513 in Saturday's youth run. Many raved

**"More things came together this time than any other time in the past."**

Rod McCulloch

about the event — even the cool weather and sprinkling of rain.

Halifax's Peter Cody-Cox was one of them. He pulled a rickshaw holding a 200-pound friend for the 21.2-kilometre half marathon to raise funds for Brigadoon, a camp for kids with chronic illnesses that is being built near Wolfville.

"Everybody was cheering us along and it was really motivating, especially that last little bit," he said. "Both my hamstrings went and all the people cheering helped me get across the line. It wasn't too hot, it wasn't too cold, and there was a little mist that helped you stay cool throughout the race."

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What's online today.

**Video** Analysis of the he-said, he-said twists of the inquiry into Brian Mulroney business deals at [metronews.ca/canada](http://metronews.ca/canada)

**Video** Employees anxious as Newfoundland offshore flights resume two months after fatal chopper crash at [metronews.ca/canada](http://metronews.ca/canada)

**Video** Peter MacKay talks about Canada's post-combat role during a visit to Afghanistan at [metronews.ca/canada](http://metronews.ca/canada)



### Lotteries

**Friday, May 15**  
Lotto Super 7: 3, 4, 7, 16, 19, 26 & 45. Bonus 35  
**Saturday, May 16**  
Lotto 6/49: 16, 17, 23, 27, 30, 45. Bonus 39.  
These results are not official.

## News in brief

**DARTMOUTH** Police officers were looking for an armed robber and a trio of would-be robbers over the weekend in Dartmouth. Halifax Regional Police said the first incident happened at 2:50 a.m. Saturday when a white male carrying a knife stole a wallet and cellphone from a 24-year-old woman on Farrell Street. The suspect, described to police as a white male with dirty blond hair, hopped a fence and ran away. Police said the second incident happened just after 11 p.m. Saturday on the 400 block of Windmill Road, where three male suspects demanded a 51-year-old man hand over his wallet. The victim refused and was pushed to the ground. The suspects took off in a small two-door black car, empty-handed.

**METRO HALIFAX**

## Fireworks, barbecues ... and pricier gas?

### Steady climb

• According to a Service Nova Scotia website, the price of regular unleaded gas in the HRM was 69.6 cents per litre at the

beginning of the year. At the start of May, a litre of gas cost 90.7 cents, and has since climbed almost nine cents.

province's high cost of living, the economic recession and the increase of travel in the warmer months. Some treated the jump in gas prices as simply part of the Victoria Day weekend, like fireworks or barbecues.

"It seems to be pretty con-

sistent that it does that ... but it's done that for years anyway, even before it was up around a dollar a litre," said Colin Murchison, referring to the unusually high gas costs of 2008. Prices peaked at \$1.43 a litre last September.

This fact of life won't be changing anytime soon, but some Nova Scotians are looking for ways to save money by cutting back on their time behind the wheel, such as by taking the bus or walking as much as possible.

For Tara Smith, who is looking to buy a car, the rising gas prices have made her consider getting a bus pass instead. "I couldn't imagine losing my job tomorrow and having a vehicle," said Smith.

**GEOFF DAVIES/FOR METRO HALIFAX**

## Majority in HRM want property taxes tied to costs of services

**SURVEY** The majority of people in Halifax Regional Municipality would prefer to pay property taxes based on the cost of services received, rather than property assessments, according to a new poll by Corporate Research Associates.

The poll of 400 people says six out of 10 residents would prefer property taxes based on cost of services rather than the current model of property value.

Residents of Bedford and Sackville were more likely to prefer costs based on services (68 per cent), whereas

### Poll

• The results are accurate within 4.9 percentage points, 95 times out of 100.

Dartmouth residents were least favourable of a new taxation method (54 per cent). "That is not surprising given that rising assessments have led to significant increases in taxes paid by most property owners since amalgamation," Don Mills, president and CEO of CRA, said in a release.

**COLIN CHISHOLM/ FOR METRO HALIFAX**

## Suspect car in custody

Police have seized a Saturn Ion believed to have been the suspect car in last week's Beazley Bowling Lanes abduction and robbery.

The car is in custody and police are obtaining a warrant so the RCMP forensic identification section can examine it more closely.

The vehicle was stopped on Highway 107 last Wednesday. The 20-year-old man behind the wheel was released without charges.

Four masked men with guns forced two teenage women into the bowling alley early Tuesday morning in order to steal cash from

the Cole Harbour business.

According to police, four black males wearing bandanas pointed guns at the victims, one whom was a bowling lane employee who was forced to shut off the alarm and open the safe.

After closing and locking up the business at midnight, the employee drove away with her female friend, police say. When the two women pulled into a driveway on Highway 207, another car came up beside them and several men forced them to drive back to the bowling alley, with a suspect car following. **METRO HALIFAX**



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## Home rebate would save jobs, says NDP leader

COLIN CHISHOLM  
for Metro Halifax

NDP Leader Darrell Dexter said yesterday a rebate on newly built homes will keep more construction jobs in Nova Scotia — if he wins the election.

The rebate would relieve 50 per cent of the provincial HST on new home construction costs, with a maximum rebate of \$7,000.

"This is a centrepiece of our strategy to create secure jobs and to ensure that young people can stay and work in this province," Dexter told reporters at the Portland Estates subdivision in Dartmouth.

Dexter was with Andrew Holley, president of the Nova Scotia Homebuilders' Association and manager of Integrity Homes.

Holley's company saw less business this year due to the economic downturn.

"His company built 50 houses last year, (but) so far this year they've built six," Dexter said, while standing inside a home under construction.

"Building sites like this one should be bustling with skilled workers... Instead it's idle."

However, the Progressive Conservatives said only 1,500 homes in the province will be eligible for this rebate, compared with a total of 4,000 homes built last year.

"So who wins and who loses in the NDP's home lottery?" Infrastructure Renewal Minister Brooke Taylor said in a news release yesterday.

### News in brief

**CRASH** A 20-year-old man died when the car he was driving rolled over during the early morning hours Sunday on Highway 340 in Moody's Corner, Digby County, police say. Justin Joseph Haley, 20, of Port Maitland was the only occupant and was ejected from the vehicle, the RCMP said in a news release. The Mounties also said the investigation revealed that Haley wasn't wearing a seatbelt when the crash occurred, and liquor and speed are believed to be factors. **METRO HALIFAX**

ShareYourViews  
halifaxletters@metronews.ca

# Murder victim laid to rest

## Hundreds attend funeral for Tanya Brooks at church in Millbrook

**Family and friends of murder victim Tanya Brooks believe the former Millbrook resident would have been touched by the community's love as they officially said goodbye to her Saturday.**

About 150 people, mostly women, walked up Church Road following the hearse that carried the body of 36-year-old Brooks to Sacred Heart Roman Catholic Church in Millbrook Saturday morning.

Many clutched flowers, dabbed tears from their eyes and clung to each other in their grief. Most wore a purple ribbon, a symbol of their stand against violence against aboriginal women.

"We have to find meaning in this senseless tragedy... we won't accept violence against (native) women," friend Catherine Martin of Millbrook told a crowd of about 300 people. The church overflowed with people and was standing room only.

"Tanya was an outgoing, spirited woman who loved life and was an advocate for women's rights," Martin said. "We look beyond all her demons, not unlike many struggles we all have, to what she was deep down... a blunt, bubbly, beautiful person."

After the service, family and friends shared what memories they will forever hold dear about Tanya.

"When she walked into a



Millbrook's Perry Rolin Gloade embraces another family member after the funeral service for his first cousin Tanya Brooks. The community gathered for the funeral Saturday to say goodbye to Brooks, who was murdered last week in Halifax.

room she made it bright. She was always happy and filled our hearts," said first cousin Perry Rolin Gloade of Millbrook.

"Who did this to her and why?" he asked, tears

streaming down his face.

Tanya's sister, Margaret Brooks, said Tanya lives on in each family member and friend.

"Your body may not be here but your heart and

strength will be carried with me all the days of my life," she said. "We'll let her children remember what an amazing woman she was."

Tanya was working to-

wards getting her high school diploma at the Nova Scotia Community College in Dartmouth. Her body was found near Halifax's St. Patrick's-Alexandra School on May 11. **TRURO DAILY NEWS**

## Liberal leader promises cheaper drugs for seniors

PHILIP CROUCHER  
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Liberal Leader Stephen McNeil said yesterday he would give a break to seniors needing expensive drugs by bringing back the \$30 maximum co-payment they must pay while enrolled in the provincial pharmacare program.

McNeil's election promise would reinstate a program Rodney MacDonald's Tories removed last year.

Under the Liberal plan, seniors will continue to pay 30 per cent of individual prescription costs, but only to a maximum of \$30 per prescription. The current plan sees seniors paying 30 per cent of prescription costs, up to a maximum of \$382 per year. McNeil would keep the yearly cap

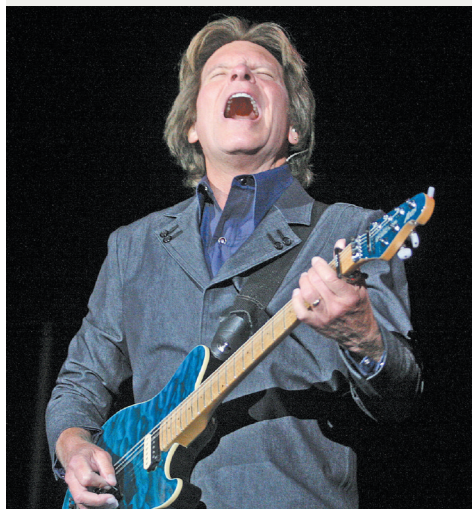
**"Older Nova Scotians will get to keep more of their money in their pockets."**

Stephen McNeil

number the same. He said his new plan "will make a real difference to our seniors and the aging population across the province."

"Just as an example, a Nova Scotian senior now pays \$45 for a prescription that costs \$150," McNeil said in a news release. "Under a Liberal government, that person will only pay \$30. On a month-to-month basis, this means older Nova Scotians will get to keep more of their money in their pockets."

## Concert Fogerty performs



Former Creedence Clearwater Revival frontman John Fogerty belts out his hit Green River during his show at the Metro Centre last night. Fogerty continues his North American tour tonight with a show in Moncton.

## Party leaders set to face off

**DEBATE** Barbecue season may have already begun for many Nova Scotians, but for Rodney MacDonald, Stephen McNeil and Darrell Dexter, the real grilling begins tonight.

The first leaders debate for the upcoming provincial election will air at 7 p.m. tonight on CBC television. A second debate will be held in Baddeck on June 2 and a leaders round table discussion will take place on June 4.

Liberal Leader McNeil says Nova Scotians deserve a winter break and is pledging a statutory February holiday, if elected.

This idea isn't new, as the Liberals have been calling for it since 2005 and introduced legislation three times to make the third Monday in February part of a long weekend. **METRO HALIFAX**



**Women enter Kuwaiti parliament**

Four women won seats in Kuwait's parliament Saturday, a first in the Arab state's history. Aseel al-Awadhi, Massouma al-Mubarak, Salwa al-Jassar and Rola Dashti, right, were elected. Women were first granted the right to vote and run for office in Kuwait in 2005. **REUTERS**

# Canada/World

## Conrad Black faces possible reprieve

U.S. Supreme Court would consider overturn

In a rare and surprising decision, the U.S. Supreme Court announced yesterday that it would consider overturning a fraud conviction against fallen media baron Conrad Black, who is currently serving his 6½-year sentence in a Florida prison.



Black

The ruling left three of Black's lawyers shocked but elated, noting that even supporters of the Canadian-born figure know how unusual it is for judges of the nation's high-

est court to rule in favour of a request by a criminal defendant.

"It is estimated that only about one in 500 applications for certiorari (review of a lower court's decision) are successful," said Black's Chicago-based lawyer, Edward Genson. "One in 500 would be generous. It's always a surprise to get it."

As usual, the court gave no reason for its decision. Miguel Estrada, who pre-

### Business goes on

• Whether it succeeds or fails, Conrad Black's appeal will have no impact on the potential sale of the Chicago Sun-Times, a New York bankruptcy specialist says.

pared the appeal for Black and former executives John Boulton and Mark Kipnis, saw the decision as a "preliminary victory" for Black, who has maintained his innocence through his ordeal. **TORSTAR NEWS SERVICE**

### Ottawa Museum day



National Gallery of Canada interpreter Tamara Sponder, right, helps budding artist Charran Auguste, 8, with a sun print outside the gallery in Ottawa yesterday. Thousands of people attended as the gallery opened its doors for International Museum Day.

### News in brief

**POLLUTION** Canada's oilsands emit more carbon dioxide than average crude so developers need a clearer picture of where greenhouse gas regulations are headed to find the best way to tap the giant resource, experts said. **REUTERS**

**SHUTDOWN** The medical community faces a shortage of diagnostic isotopes after the shutdown of a nuclear reactor near Chalk River, Ont., prompted by a water leak. The Atomic Energy of Canada Limited said the reactor will be out of service for a month, and that it has enough isotopes for the coming week but will be unable to meet demand after Saturday.

**METRO NEWS SERVICES**  
**DEATH** A domino tournament at a Calgary community centre turned deadly yesterday, after a man was stabbed, police said. Police were called to the centre and learned of a male, 25 to 30 years of age, being transported to hospital where he later died from his injuries, police said. **METRO CANADA**

## Canada lifts Mexico advisory

**HEALTH** Canada is lifting an advisory against non-essential travel to Mexico as cases of influenza A (H1N1), also known as swine flu, start to wane in the country.

As well, Canada's chief public health officer, Dr. David Butler-Jones, says this country has seen the worst of the swine flu — for now.

The federal government says travel to Mexico — the epicentre of the swine sub-

type of H1N1 — is no longer a risk to Canadians since the virus has been spreading through Canada for some time.

The Canada Border Services Agency will continue to visually check travellers for signs of illness.

But the Public Health Agency of Canada will cease some Mexico-specific travel measures such as distributing health alert notices to passengers on di-

rect flights to Mexico and having quarantine officers meet every direct flight entering Canada from Mexico.

However, the agency warns those at risk of complications from any form of influenza, including diabetics, children under two or people suffering from lung or heart disease, to consult their doctor before going to Mexico.

**TORSTAR NEWS SERVICE**

## Tamil defeat met with doubt

Tamils and their supporters demonstrating outside Britain's parliament yesterday refused to believe that Sri Lanka's long civil war was over or that separatist Tamil Tiger rebels were defeated.

"It's not true, no way," Sri Lankan-born Jey Moorthy, 23, said of Sri Lanka's declaration of total victory in one of the world's most intractable wars.

Police said 2,000 people took part in a noisy demonstration in London calling for a ceasefire and help for civilians caught up in the conflict.

Moorthy, who said he was "proud to say I'm a Tamil Tiger," did not believe a Sri Lankan state television report that rebel leader Vellupillai Prabhakaran had been killed.

The United States, Canada, the European Union and India regard the rebel Liberation Tigers of Tamil Eelam as a terrorist group.

Prabhakaran, 54, founded the LTTE on a culture of suicide before surrender, and had sworn he would never be taken alive. Sri



Pro-Tamil demonstrators scuffle with police outside the Houses of Parliament in London yesterday.

### EU seeks human rights inquiry

• The European Union called yesterday for an independent investigation into alleged violations of human rights law in Sri Lanka's war. EU foreign ministers said they were ap-

palled by the loss of innocent lives and the high numbers of casualties, including children, in fighting between government forces and the Tamil Tiger rebels.

Lankan president Mahinda Rajapaksa had already declared victory on Saturday, even as the final battle in Asia's longest modern war was intensifying after the last of 72,000 civilians held in the war zone had been freed.

The LTTE conceded defeat on Sunday. But it has long warned it would intensify guerrilla attacks on economically valuable targets if defeated on the battlefield, something which has hindered growth in Sri Lanka's tourism sector. **REUTERS**

## Worldwide pandemic may be unfolding: WHO

Humanity may be witnessing a flu pandemic unfold, the head of the World Health Organization said yesterday, as Japan reported a big jump in infections with the newly discovered influenza A (H1N1) virus, also known as swine flu.

Influenza fears dominated the start of the WHO's annual congress in Switzerland, where many of the 40 countries touched by the strain urged the United Nations agency to rethink its pandemic alert scale, now at the second-highest notch.

WHO director-general Margaret Chan said the outbreak needed to be tackled with seriousness even

**"We are seeing ... pandemic influenza evolving in front of our eyes."**

Margaret Chan, WHO

though its symptoms appear to be largely mild.

"For the first time in humanity, we are seeing, or we may be seeing, pandemic influenza evolving in front of our eyes," Chan told the meeting. According to the WHO, 74 people have died from the virus. Most of the other nearly 9,000 patients have suffered mild effects from the bug. **REUTERS**

### Twenty-four get death penalty

**EGYPT** An Egyptian court sentenced 24 people to death yesterday on murder charges for taking part in a gunfight last year in a dispute over agricultural land in the Nile Delta in which 11 people were killed, local court sources said. The gunbattle erupted last March in the northern province of Beheira between two groups of private security men — employed by two rival associations that both claimed title to the land — when one side tried to take the land by force from the other. As many as 27 people were hurt in the clashes over the 200-hectare plot. **REUTERS**

### News in brief

**INSURGENCY** Pakistani soldiers were locked in heavy fighting with Taliban militants yesterday, the army said, as the government won support for the offensive from political parties. Twenty-seven militants including three commanders had been killed in the previous 24 hours while three soldiers were killed and 17 wounded,

military sources said. In all, more than 1,000 militants have been killed in the offensive, the government has said, while more than 50 soldiers have been killed, according to the military.

**EARTHQUAKE** Production at California oil refineries owned by Valero, BP, and Tesoro were not impacted by an

earthquake that hit the region late Sunday, sources said yesterday. Kinder Morgan Energy Partners, which operates pipelines in the region, also said operations were not affected. The quake had a magnitude of 5.0 and is considered "moderate," according to the U.S. Geological Survey.

**REUTERS**



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# Comment & Views

## Comment

### Sun King of subterfuge

#### NationalReport

Lawrence Martin

metronews.ca/nationalreport

In Ottawa, two people below the prime minister hold the power. They are his chief of staff and the clerk of the Privy Council. Compared to these guys, cabinet ministers are small players. Until recently, Stephen Harper, Sun King of the great north, wouldn't even allow most of his cabinet ministers to answer questions in the House of Commons. His then House leader, Peter Van Loan, was directed to respond to most queries by attacking the questioner.

One would think, given the degree of importance of the chief of staff and the clerk, that the public would or should be familiar with

them. But there's not one in a hundred Canadians who even know their names.

This month, in a major shake-up that had broad ramifications for the government, the clerk, Kevin Lynch, was replaced. We don't know whether he was pushed out or left voluntarily. Rather than delve into that story we in the media fixated on Rubygate — that critical question of whether or not backbench MP Ruby Dhalla was a meanie to her mother's Filipina caregivers.

The media's focus on this soap opera — Dhalla has a shapely body and wears spike heels — was something to behold. It's like we all

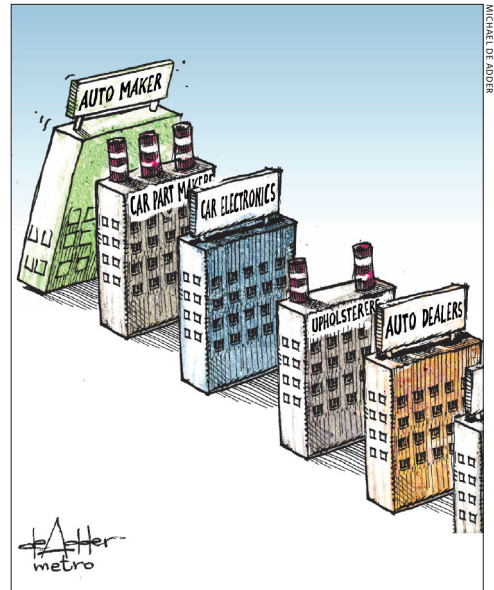
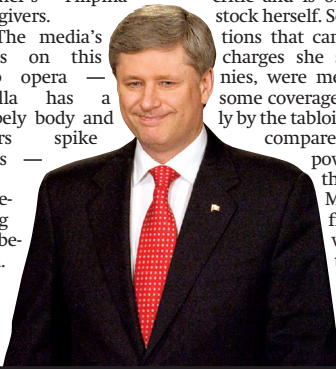
descended from the Daily Mirror of London's formerly famed Fleet Street. What's next? Is everybody in the nation's capital going to be under the microscope for how they treat their domestic help? What if, for instance, some clearly negligent minister of the Crown doesn't leave out enough potato chips for his or her babysitter? What will happen then?

Granted, Dhalla was the Liberals' multiculturalism critic and is of immigrant stock herself. So the accusations that came her way, charges she strongly denies, were meritorious of some coverage — especially by the tabloid media. But compared to the power shift in the Prime Minister's Office, which was of 20 times the importance, Rubygate was a laugh.

The root of the problem, why the media got it upside-down, lies in the way they cover Ottawa, which is upside-down. In Ottawa, the power lies in the Prime Minister's Office and Privy Council Office, the government's executive branch. But they are housed in the sealed-off Langevin building. No journalists get near them. Instead they congregate Parliament Hill, the legislative branch that caters to the Sun King's every whim.

By contrast, in Washington the media have quarters in the executive branch, the White House. Their focus is chiefly there, as opposed to Capitol Hill. Americans therefore tend to get to know who their chief power players, the Karl Roves of the world, happen to be. Here, because our media still hold to an archaic system of coverage, we chase nannies.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



#### Metro Online Poll Results

29% SAID YES

Is the Brian Mulroney inquiry relevant to you?

Weigh in on today's question at metronews.ca

71% SAID NO

## Letters

### Get out and eat

#### Re: SunnySide initiative

I propose on Friday, May 29, every daytime worker do not bring a lunch if they can possibly buy it for that day. That includes coffee or tea. The exceptions, of course, would be if it's financially impossible or there's no cafes or restaurants near them.

This would give all local cafes and restaurants across Canada immense business for at least one day. May 29 should generate enough business to get some money circulating from British Columbia to Newfoundland. If it works, perhaps do it again June 26. **BARRY WOOD, HALIFAX**

### Stay home and eat

#### Re: SunnySide initiative

Here are some ideas: Instead of people opting to work out in a gym, lots of calories can be burnt in their backyards by growing organic vegetables.

Excess vegetables could be supplied to shelters or home care centres, thus minimizing government funding.

Those government funds can be utilized for creating jobs in less-developed areas. It's time to rethink the millions of dollars that go to some ridiculous research project, such as men's and women's grooming habits. **PRADEEP KRISHNA RAO, MISSISSAUGA**

#### Sunny Side

## Views

### Is the future still black and white?

#### InBusiness

Charles Davies

What a sorry coincidence. The very week National Post publishes a series of articles underlining the importance of newspapers, it temporarily drops its Monday edition as a cost measure.

Canadian newspapers generally are suffering these days due to much reduced ad revenues and relentless cost pressures. Against the backdrop of the U.S., where major newspapers are cash and profit starved, going strictly digital or folding altogether, you begin to think newspa-

pers don't have a future.

The Post, of course, is right to reassert the value of newspapers and to suggest they'll be with us for a long time. The argument really boils down to two points: We need them and we read them.

Newspapers have always been savagely criticized. Even H.L. Menck-en, a newspaperman for half a century, observed they were devices "for making the ignorant more ignorant and the crazy crazier."

Most, however, have given newspapers and other elements of the fourth estate their due as guardians of democracy, independent overseers with the ability to

alert the rest of us to abuse and excess.

You can argue forever about the relative accuracy of newspapers, but the fact is they have been around a

Recent Newspaper Audience Databank (NADbank) numbers show people understand this. Readership in Canada's 19 largest markets has been remarkably stable for five years, and readership of daily newspapers around the world has grown.

But neither audience strength nor civic virtue guarantee a healthy future for newspapers. Once the recession ends and revenues come back, publishers will still have to confront the thorniest question of the Internet era: Finding new and profitable ways to get valuable and trusted content into the hands of a shifting audience.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.



long time and developed journalistic traditions that render what's on the printed page more — rather than less — truthful. And with new and questionable sources of information proliferating hourly on the Internet, newspapers' "truthiness," — as Stephen Colbert would say — is golden.

#### Quote of the Day

**"It is in the interests not only of the Palestinians, but also the Israelis ... to achieve a two-state solution."**

— U.S. President Barack Obama addressing reporters yesterday with Israeli Prime Minister Benjamin Netanyahu in the Oval Office. **REUTERS**

Tell us your views by email to [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca) or comment on [metronews.ca](http://metronews.ca) or on Twitter @metrohalifax. Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



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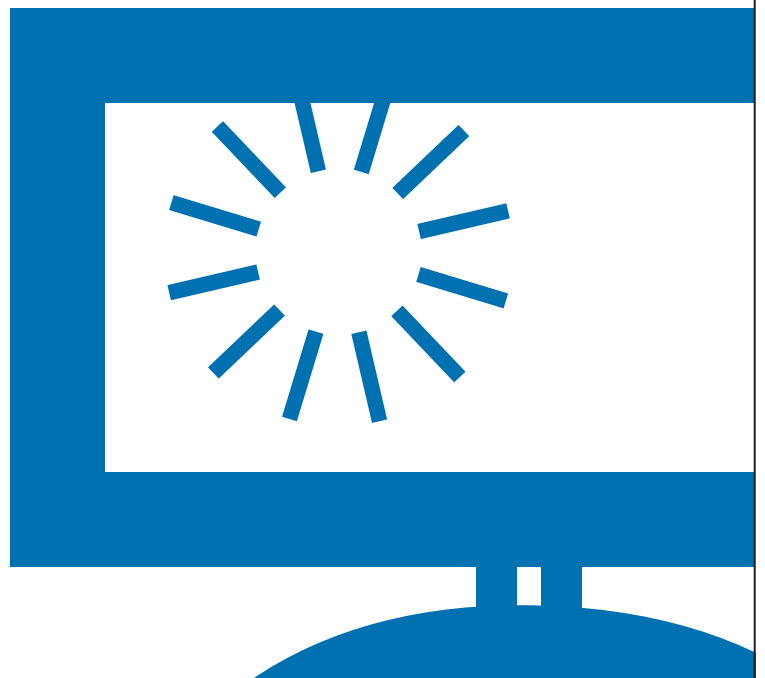
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**Woody Allen wins \$5M in lawsuit over advertising**  
American Apparel Inc. settled film director Woody Allen's lawsuit over the company's use of his image on billboards in New York and Los Angeles for \$5 million US, Allen said yesterday as the case was about to come to trial. **REUTERS**

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## The DAILY BUSINESS BUZZ

### Marketing going online:

A survey of Atlantic small business owners revealed that more than 40 per cent plan to spend the bulk of their marketing dollars in the next year online.

### Tough times predicted for lobster industry:

Dark skies are ahead as fishermen prepare to drop their traps to begin lobster season. Recent speculation has the price in the range of \$4 per pound, which is not enough for most fishermen to turn a profit.

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## Credit-card users in tough

### High interest rates unlikely to budge, experts warn

**Stubbornly high credit-card interest rates and recent moves by several banks to hike rates on personal lines of credit are frustrating many Canadians — at a time when the Bank of Canada has slashed its key overnight rate to a historic low of just 0.25 per cent in a bid to revive the economy.**

Banks explained the recent moves to raise rates on lines of credit by saying their cost of borrowing has risen dramatically amid the credit crunch. That argument holds less water lately, since credit conditions have steadily improved this year and the banks' cost of capital has fallen.

**"It is absolutely absurd to have interest rates on credit cards at 19 and up to 25 per cent."**

Senator Pierrette Ringuette

But credit-card holders carrying a balance aren't likely to see relief anytime soon. Financial institutions may be paying less to borrow certain funds, but experts say that is unlikely to have a downward pressure on rates. That's because most of those loans are not backed by collateral, making them relatively "risky" even in good economic times.

The unemployment rate is at a seven-year high, which is fuelling a spike in credit-card defaults and

personal bankruptcies.

Most banks are expected to report climbing losses on cards when they disclose their second-quarter results later this month — that's despite taking action to cut credit limits on dodgy accounts and hiking penalties for those who pay late.

As evidence mounts that increasing numbers of Canadians are struggling to pay off those debts, the federal government is facing pressure to regulate.

Federal Finance Minister

Jim Flaherty plans to release a "set of regulations" in the coming weeks.

Critics, however, are already dismissing Flaherty's plan as political posturing, and that's fuelling a contentious debate on whether Ottawa should impose a cap on credit-card interest rates.

Senator Pierrette Ringuette, a Liberal who spearheaded the Senate banking committee's study of credit and debit, is convinced that it should.

"It is absolutely absurd to have interest rates on credit cards at 19 and up to 25 per cent," she said, noting that banks are getting relief on their funding costs. **TORSTAR NEWS SERVICE**

Nortel will shrink but won't vanish, experts say

**TELECOM** Nortel Networks Corp. will most likely sell off most of its pieces at firesale prices as part of its bankruptcy restructuring, but experts don't expect one of the most storied names in Corporate Canada to disappear altogether.

Under the bloated exterior of what has become an outgunned has-been, analysts see a rump operation with the potential to be a viable company with a chance to succeed in one segment of the telecom equipment business.

When the dust finally settles, the only remnant of the once-mighty Nortel expected to be left is Metro Ethernet Networks (MEN), the unit that makes Internet infrastructure and includes its optical and carrier ethernet technology.

The MEN unit includes a promising new technology that lets telecom companies quadruple the capacity of their networks using fibre-optic cables thinner than a human hair.

"It would be smaller, obviously, but it would be a viable company capable of competing in that space," said Duncan Stewart, an analyst at DSAM Consulting in Toronto. **REUTERS**

## Indian stocks surge on vote

**REACTION** India's main stock index leapt more than 17 per cent yesterday for its biggest single-day gain in almost two decades after the ruling coalition sealed a decisive election victory that calmed fears of political uncertainty.

The rupee soared more than three per cent to five-month highs against the dollar, its best one-day rise in more than a decade, and

bond yields fell as the win boosted hopes a strong coalition would be able to push through economic reforms that would boost foreign investment.

Prime Minister Manmohan Singh's Congress-led coalition eyed possible new allies and needed just 10 seats for a parliamentary majority, rare in a country used to unwieldy coalitions. **REUTERS**

## Business in brief

**FINE** Job recruiter Monster Worldwide Inc., whose former COO and president was convicted last week for a stock options backdating scheme, agreed to pay a \$2.5-million US fine to the U.S. Securities and Exchange Commission, the regulator said yesterday.

**OILSANDS** Norway's centre-left government effectively delayed a parliamentary vote yesterday on whether majority state-owned oil-and-gas producer StatoilHydro should withdraw from a \$2-billion US Canadian oilsands venture. **REUTERS**

## New York PepsiCo CEO honoured



PepsiCo CEO Indra Nooyi, centre, reaches to embrace U.S. Secretary of State Hillary Clinton after being presented with the Bernard Medal of Distinction by Debora Spar, left, president of Barnard College, during the school's commencement ceremony in New York yesterday.

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## Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

# Meet your new best friend: Bill

Using cash for daily spending makes you realize how quickly you give money away

AlisonOnMoney



There's nothing lonelier than a single bill pinning away in your wallet ... unless, of course, that bill happens to have Sir Robert Laird Borden's face on it, which means you've got 100 bucks cooling its heels, waiting to be spent.

But let's assume it is Sir Wilfrid Laurier — a fiver, in case you didn't know — who is keeping receipts company in your purse or wallet. When you hove in-to sight of a java joint and pull out the Great Conciliator — yes, this column is a history lesson as well as a



There's a distinct cognitive event that happens when you handle money. It's called awareness.

money lesson — you are likely to think twice about using it all up.

Cash controls spending, plain and simple. Using cash to pay for everyday purchases such as coffee,

transit, lunch and magazines alerts you to the idea that you're actually spending real money.

You just don't get the same cautionary sense when you haul out plastic,

be it a debit card or a credit card.

There's a distinct cognitive event that happens when you handle money. It's called awareness. Over the counter goes the fiver

## Alison's Money Rule:

- Cash controls spending. Using cash to pay for everyday purchases alerts you to the idea that you're actually spending real money.

and back comes a loonie, a dime, two nickels and four pennies. You drop the pennies in the "Give a Penny Take a Penny" bowl and pocket the rest.

I'm betting that everyone reading this column has just added up the change. Some of you have added up the change and then subtracted the four pennies to determine how much mon-

ey was left from the purchase. And a few of you are calculating, even as you read, what that purchase might have been by the amount spent.

Was it a frap, cap, latte, green tea and cookie? You see, you are much more conscious of this imaginary purchase than if you had paid with plastic.

Now, add in the awareness of the bills left in your wallet and you become attuned to your temporary wealth, or lack of it.

At the end of the day, what encourages us or cautions us about spending is knowing where you're at and using cash will do it every time.

• For more about Alison's show Maxed Out, and for local show times, visit [wnetwork.com](http://wnetwork.com).

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at [alison@alisongriffiths.ca](mailto:alison@alisongriffiths.ca).

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## 'Tis the season for home renos

### MoneyMatters

Henry Choo Chong

[metronews.ca/moneymatters](http://metronews.ca/moneymatters)

**Q** Last year, I spent more than \$8,000 to partially finish my basement. If I redid my kitchen, can I claim the new renovation tax credit?

— Isaak

**A** The new Home Renovation Tax Credit (HRTC) was introduced this year, as part of Canada's Economic Action Plan.

With world economies falling into a recession, including Canada, the HRTC is part of a stimulus package to help the ailing real estate industry. Will this revive our real estate market? The verdict has yet to be decided but none of my renovation clients are complaining.

Eligible home expenditures spent between Jan. 27, 2009 and Feb. 1, 2010 will qualify for the HRTC. The HRTC is a non-refundable tax credit and can be claimed when filing your 2009 tax return. Eligible expenditures for renovations or alterations must be of an enduring nature and integral to the home. Therefore, routine expenditures such as house cleaning, snow removal,

Read more on [page 11](#)

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**Online: The Smart Cookies tackle beauty spending**

How much do you spend each year on creams, lotions, makeup and hair stylists? It's time to re-evaluate your spending habits on beauty products. To read this week's Smart Cookies column, visit [metronews.ca/smartcookies](http://metronews.ca/smartcookies). **METRO NEWS SERVICES**

**Your Money**

EDITOR: NINA.DRAGICEVIC@METRONews.CA

**What's eligible and what's not**

&gt;&gt; Continued from page 11

furniture and appliances will not qualify for the

credit. The following will give you some insight:

- Expenditure claim is minimum \$1,000 to \$10,000 maximum. Maximum claim results in \$1,350 tax saving.
- Home refers to place

that you and family own and inhabit for personal use. This includes principal residence and cottage. Investors need not apply.

- Eligible expenditures include but are not limited to: Re-shingling the roof,

new flooring, renovating the kitchen, new furnace, additions and a host of other costs.

- Keep receipts!

Henry Choo Chong, CGA, can be reached at [choochonghcg@yahoo.ca](mailto:choochonghcg@yahoo.ca).

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# Sports

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## First-place Blue Jays sweep White Sox

### MLB RESULTS

Chicago 2 Toronto 3



**BASEBALL** Alex Rios tripled home the go-ahead run with two outs in the bottom of the eighth inning, lifting the Toronto Blue Jays to a 3-2 victory over the Chicago White Sox and a sweep of the four-game series at Rogers Centre.

Kevin Millar homered and Aaron Hill knocked in a run with a sacrifice fly for the American League East-leading Blue Jays, who have won seven of their last nine games. Toronto wrapped up a seven-game homestand with a mark of 5-2 and heads to Boston to open a three-game set with the second-place Red Sox tonight. Jim Thome slugged a two-run homer for Chicago, which has dropped five straight and seven of its last eight. The White Sox have also lost 10 in a row in Toronto and haven't won at the Rogers Center since June 1, 2007.

"It is what it is," said White Sox catcher A.J. Pierzynski about the

team's losing streak in Toronto. "It seems like every time we come to Toronto, we get our [butts] kicked. We can't score runs. We can't do anything. They hit balls and find holes. We hit balls hard and they make plays."

Thome's homer was the 548th of his career, tying him with Hall of Famer Mike Schmidt for 13th on the all-time list.

After Thome's blast tied it in the top of the eighth, the Jays regained the lead in the bottom of the inning.

Jose Bautista drew a walk from Octavio Dotel (1-1), advanced to second on a bunt by Marco Scutaro and stole third after Aaron Hill had popped up for the second out. After a pitch to the backstop bounced right back to Pierzynski, forcing Bautista to hold at third, Rios lined a 3-2 pitch into shallow center field.

METRO NEWS SERVICES

## Control of Coyotes to be determined today

**NHL** If hockey in the desert is finished, the NHL made sure it will go out in a blaze of glory. Or at least in a torrent of court documents.

Judge Redfield Baum will decide today who controls the team in order to decide whether the Chapter 11 bankruptcy is legitimate, and whether the sale of the team to Jim Balsillie can proceed.

The NHL now has the support of the NFL, Major League Baseball and the NBA, which filed statements asking Baum to respect the NHL's rules.

TORSTAR NEWS SERVICE

## Pens draw first blood

(Pittsburgh leads series 1-0)

Carolina 2 Pittsburgh 3



**Evgeni Malkin had a goal and an assist while Marc-Andre Fleury made 23 saves to help the Pittsburgh Penguins take Game 1 of their Eastern Conference final series against the Carolina Hurricanes**

Stanley Cup

2009 Playoffs

with a 3-2 win.

Philippe Boucher added a goal and an assist while Miroslav Satan also lit the lamp for the Pens, who are in the conference finals for the second straight season after beating Philadelphia and Washington.

Chad LaRose and Joe Corvo each scored a goal while Cam Ward made 28 stops for the Hurricanes, who defeated New Jersey and Boston to reach the conference finals for the first year since their Stanley Cup-winning 2006 campaign.

METRO NEWS SERVICES



Pittsburgh's Miroslav Satan celebrates his goal with Matt Cooke (24) and Jordan Staal (11) as Carolina's Joni Pitkanen skates away.

## Underdog Kelowna Rockets to final of Memorial Cup

### JUNIOR HOCKEY

Jamie Benn and the Kelowna Rockets are off to an outstanding start at the Memorial Cup in Rimouski, Que. Benn, a Dallas Stars draft pick and a gold medalist with Canada at January's world junior championship, leads the tournament through two games with five goals and three assists, while the Rockets are the only unbeaten team. Kelowna, considered an

underdog after upsetting the Calgary Hitmen in the Western Hockey League final, beat the Drummondville Voltigeurs 6-4 yesterday and the host Rimouski Oceanic 4-1 on opening night Friday.

Drummondville and Rimouski are mid-pack with 1-1 records. Both posted wins over the Ontario Hockey League champion Windsor Spitfires on the weekend, the top-ranked team coming into the Canadian Hockey League championship.

Former Halifax Mooseheads forward Logan MacMillan scored the winner in Rimouski's 5-4 win over Windsor on Sunday. Action resumes today with Windsor facing Kelowna. The final is Sunday at 4:30 p.m. Eastern.

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## Panthers plan to prowl province during pre-season

**MATTHEW WUEST**  
[matthew.wuest@metronews.ca](mailto:matthew.wuest@metronews.ca)

**NHL** The Florida Panthers will set up shop in Nova Scotia in the fall.

The Panthers held a

press conference Friday to announce they have signed a three-year contract to hold their NHL training camp in Port Hawkesbury from Sept. 12 to 16.

They will also play a

pre-season game on Sept. 15 at the Metro Centre against the Ottawa Senators.

The Panthers' announcement on Friday confirmed a report in last Thursday's edition of

Metro Halifax.

The Panthers made the deal with a local group dubbed the Bluenose League, which hopes to grow the Maritimes into a hotspot for NHL pre-season hockey.

### SCOREBOARD

#### MLB

**YESTERDAY'S AL RESULTS**  
Toronto 3 Chicago White Sox 2  
N.Y. Yankees 7 Minnesota 6  
Tampa Bay 13 Oakland 4  
L.A. Angels at Seattle

**YESTERDAY'S NL RESULTS**  
Pittsburgh 12 Washington 7  
Colorado 5 Atlanta 1  
Arizona at Florida (ppd)  
Milwaukee at St. Louis  
N.Y. Mets at L.A. Dodgers

**TODAY'S AL GAMES**  
Toronto at Boston  
Texas at Detroit  
Baltimore at N.Y. Yankees  
Oakland at Tampa Bay  
Cleveland at Kansas City  
Minnesota at Chicago White Sox

L.A. Angels at Seattle

**TODAY'S NL GAMES**  
Pittsburgh at Washington  
Colorado at Atlanta  
Arizona at Florida  
Philadelphia at Cincinnati  
Milwaukee at Houston  
Chicago Cubs at St. Louis  
San Francisco at San Diego  
N.Y. Mets at L.A. Dodgers

**NHL**  
**YESTERDAY'S RESULTS**  
Pittsburgh 3 Carolina 2

**TODAY'S GAMES**  
Chicago at Detroit

**TODAY'S GAME**  
Chicago at Detroit

THURSDAY'S GAME

Carolina at Pittsburgh

FRIDAY'S GAME

Detroit at Chicago

SATURDAY'S GAME

Pittsburgh at Carolina

SUNDAY'S GAME

Detroit at Chicago

TUESDAY'S GAME

Pittsburgh at Carolina

NBA

TODAY'S GAME

Denver at L.A. Lakers

WEDNESDAY'S GAMES

Orlando at Cleveland



### Scotia opens with pair of wins

Scotia Elegant Flooring is off to a 2-0 start in the women's Nova Scotia Soccer League Premiership. Scotia scored 1-0 wins over Halifax Dunbrack and Dartmouth United on the weekend. **METRO HALIFAX**

### sports 13

# Runner reclaims title

David MacLennan wins fourth Blue Nose Marathon in six years

MATTHEW WUEST  
matthew.wuest@metronews.ca

**All but forgotten a year ago, David MacLennan came back to the Blue Nose Marathon with a vengeance.**

The 45-year-old from Scotsburn, in Pictou County, claimed his fourth Blue Nose crown in six years on Sunday in Halifax, scorching through the 42.2-kilometre course in his best time since 2004 in two hours, 36 minutes and 21 seconds.

His time was more than 35 minutes faster than the 3:11:39 he posted in his sixth-place 2008 finish.

"You have good ones," MacLennan said afterward in front of a swarm of media, "and you have bad ones."

Good is an understatement. MacLennan was only one minute slower than he was when he posted a Blue Nose-record 2:35:35 at age 40 and he had a seven-minute edge on second-place finisher Ray Moorehead of Dartmouth. He was just three minutes off the personal-best of 2:33 he set in his mid-30s.

The difference? Training. MacLennan initially wanted to get ready for June's Johnny Miles Marathon in New Glasgow, but training went so well, he signed up for the Blue Nose at the last minute.

"Last year was disappointing," he admitted. "I definitely didn't have the training going into last year and had a little hiccup going the wrong way (on the course)."

"But I'm happy to be back and it's great to win."

You'd be hard-pressed to find a better Nova Scotian marathoner than the Sobey's drug-store manager. He has unofficially won 14 of Nova Scotia's big events, including six Johnny Miles, three Valley Harvests and



David MacLennan smiles as he crosses the finish line in first place at the Scotiabank Blue Nose Marathon on Sunday. MacLennan, from Scotsburn, N.S., won the marathon for the fourth time.

### The winners

Winners from Sunday's Blue Nose Marathon.

#### FULL MARATHON

• Men — David MacLennan, Scotsburn, 2:36:05.9  
• Women — Jen Nicholson, Cornwall, P.E.I., 3:00:09.1

#### HALF MARATHON

• Men — Fergus Tweedale, Halifax, 1:16:52.1  
• Women — Heather Good-

fellow, Halifax, 1:24:35.1.

#### 10K

• Men — Dwayne Parsons, Beechville, 35:17.7  
• Women — Linda MacDonald, Bedford, 41:03.4

#### 5K

• Men — Nicolas Wood, Great Village, 16:00.2  
• Women — Tristan Langley, Belmont, 18:25.1

one Nova Scotia marathon. "Must be genetics," said one of his chief rivals, third-

place finisher Scott Clarke of P.E.I. "He's a machine." MacLennan essentially

led wire-to-wire. He scorched through the first half of the marathon (21.2 kilometres) in a blazing 1:15 — about a minute faster than the half marathon champion — and even surprised himself with his start.

"I looked up at the clock and I didn't know if the clock was right," MacLennan said. "It said 1:15 something and that's the fastest I've gone through the half in a while."

Added Clarke: "There was no catching him."

## Women's champion sets new Blue Nose record

MATTHEW WUEST  
matthew.wuest@metronews.ca

Jen Nicholson returned to her roots Sunday and ran her way into the Blue Nose Marathon record books.

The Cornwall, P.E.I., resident blew away Leah Jabour's Blue Nose record by more than 13 minutes on Sunday, breaking the tape in the 42.2-kilometre race in 3:00:07.

The 40-year-old stay-at-



**"When I went through Point Pleasant Park, I had flashbacks to when I was a kid, running cross-country races."** Jen Nicholson

home mother of three is originally from Halifax and got her start as a runner here.

"When I went through Point Pleasant Park, I had flashbacks to when I was a kid, running cross-country

races," she said, smiling widely. "It was a nice course. It was fun."

Nicholson, a teacher by trade, moved away from Halifax in junior high school. Her children, aged two, six and nine, and hus-

band, Brent, were at the finish line to congratulate her.

The Acadia grad started getting serious about running in the mid-1990s and has now run four marathons.

"I was in and out of it, but 15 years ago, I started getting back into it," she said. "It's always been part of my life."

Jabour, a two-time winner who is from Clayton Park, set the previous record in 2007 in 3:13:08.

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# Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

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## Smoking causes breast cancer

**RESEARCH** Listen up, women and girls: Smoking causes breast cancer.

An international panel of experts convened by the University of Toronto recently reviewed all the evidence linking smoking to breast cancer and found the association to be strong. Smoking and second-hand smoke both in-

crease the risk of breast cancer. For instance, women who start smoking at an early age have a 20 per cent increased risk of breast cancer, the researchers found.

Risk for breast cancer can be 35 to 50 per cent higher in long-term smokers with certain type of genetic coding. —CELIA MILNE

## Beware of boob jobs

### Do your homework if considering breast augmentation

 CELIA MILNE  
 for Metro Canada

**Thinking of having breast augmentation or liposuction? Make sure you go to a qualified doctor.**

More than half a million Canadians seek cosmetic enhancements each year and surveys show only one-quarter of them have done their homework beforehand.

**"If you go in looking for a deal, you're looking for trouble."**

Tania

Tania from Waterdown, Ont., made sure she was educated before making the big decision. She had a breast augmentation in April 2008, when she was 31. "I was an A. I'm a C now," she says. "I love it, I love it. You know what? I love it!"

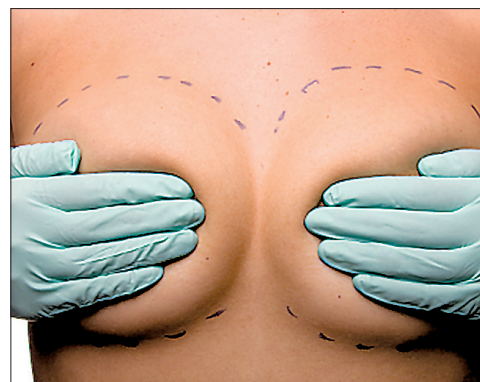
Tania researched for two years before deciding to have her surgery done by Dr. Frank Lista, a certified plastic surgeon and medical director of the Plastic Surgery Clinic in Mississauga, Ont.

But not everyone goes to a qualified surgeon. Lista is very concerned that people are being lured by non-surgeons. "A non surgeon can do surgery on a patient without restriction," he says.

"I see people all the time who say, 'my breast surgery was botched or liposuction has ruined my life.' I ask who did it and find out it was not a plastic surgeon. People are being misled," says Lista.

For instance, someone might advertise that they are a "licensed cosmetic surgeon" but there is no such specialty. "These people are sneaky," says Lista.

Unfortunately, buyers have to beware because, he says, the field is not regu-



If you're considering breast augmentation, liposuction and/or a facelift, make sure the doctor you select is a certified plastic surgeon and find out how many similar surgeries he or she has performed.

### check credentials

- To find out if a doctor is a specialist and what kind of specialist he or she is, go to [royalcollege.ca](http://royalcollege.ca) and type in their name. Their specialty will be listed there.

—CELIA MILNE

lated. "Restaurants are better regulated than surgical facilities," he adds.

The Canadian Society for Aesthetic Plastic Surgery and the Canadian Society of Plastic Surgeons have teamed up to let Canadians know that they need to be cautious when seeking procedures like breast augmentation, liposuction and facelifts.

Ask four questions before committing to a surgeon: Are you a certified plastic

surgeon? How many surgeries like this have you performed? Do you have hospital privileges to perform these types of procedures? At which hospitals?

Tania ended up choosing Lista because she checked his credentials on the centre's website and she felt he was very credible.

She also "liked the vibe" of his clinic when she went for a consultation. The breast surgery cost her \$6,500.

"Do a lot of research," she suggests to those who are interested. "Speak to someone who has had it done. If you go in looking for a deal, you're looking for trouble."

She is very pleased with her new size C breasts.

"I feel they're part of my body and I've always had them."

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## SPECIAL FOCUS ON:

## Plastic Surgery

## health &amp; beauty 15

# Betrayed wives talk to cope

Elizabeth Edwards pulls back the curtain on infidelity: Expert

## The J Spot



Salon.com called her book tour "one of the most sado-masochistic publicity jaunts in political history."

New York Times columnist Maureen Dowd criticized her for dragging her husband "back into the public square for a flogging."

But Ruth Houston, infidelity expert, founder of InfidelityAdvice.com and author of *Is He Cheating on You?* 829 Telltale Signs, thinks Elizabeth Edwards should be commended for writing and speaking so candidly about her husband's (former presidential candidate John Edwards) extramarital affair and the effect it has had on her both physically and emotionally in her new book *Resilience: Reflections on the Burdens and Gifts of Facing Life's Adversities*.

"By doing so, she has pulled back the curtain and exposed aspects of infidelity that the public rarely gets to see," says Houston. "Women with cheating spouses or significant others need to see that they are not alone — that all women face similar issues when trying to cope with a partner's affair."

It doesn't hurt either, she adds, for the cheating cad to see and hear firsthand the hurt, humiliation and heartbreak they inflict when they have an affair.

Usually, when a male public figure has an affair, the focus is on him, the details of the affair, how it will affect his career etc., while his wife is expected to dutifully and literally "stand by her man" in silence.

"Elizabeth Edwards is the voice of those 38 to 53 million women with cheating mates," says Houston.

"When women like Elizabeth Edwards, Hillary Clinton and Dina Matos McGreevey share their personal experiences as betrayed wives, they direct public attention to aspects of infidelity that usually go unnoticed or ignored."



Elizabeth Edwards, right, the wife of former presidential candidate John Edwards, speaks candidly about her husband's extramarital affair in her new book *Resilience: Reflections on the Burdens and Gifts of Facing Life's Adversities*.

**"Elizabeth Edwards is the voice of those 38 to 53 million women with cheating mates."**

Ruth Houston, author/infidelity expert

"They reveal a side of infidelity that the public rarely gets to see. Judging

from the criticism these women have garnered for airing their dirty laundry, and openly discussing their husband's affairs, this is a side of infidelity the public would rather not see."

But considering that infidelity in one form or another affects 80 per cent of all marriages and committed relationships, it's a side that needs to be seen.

"There is a need for information, solutions and advice," says Houston. "It

helps to know how a role model handled a similar situation."

Houston's book is available as a downloadable e-book from booklocker.com/books/1755.html.

For insight into why we're so fascinated with the extramarital affairs of public figures, visit my blog, *Sexcetera*, at [Metronews.ca/toronto/blog](http://Metronews.ca/toronto/blog).

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).

## Many opting for less invasive plastic surgery

JANINE FALCONE  
for Metro Canada



**With the obvious exception of certain Hollywood stars — Nicole Kidman, we're looking at you — in most cases, today's name in the cosmetic-enhancement game is "under-treat."**

Top cosmetic dermatologists and surgeons are taking a judicious approach to injectables such as Botox and Juvederm (a filler) and incorporating chemical peels and laser treatments such as IPL (intense pulsed light) and fraxel to help patients look naturally youthful rather than plastic.

"In L.A. the objective tends to be to erase all expression," confirms cosmetic surgeon Dr. Jean Carruthers, clinical professor in the Department of Ophthalmology at the University of British Columbia and one of the pioneers of Botox use in facial rejuvenation.

"Stars know their faces are on display at least 10 times the size of reality and in high definition. But in other cities, we're seeing more sensitivity to needing movement and character in faces."

A proponent of combining Botox treatments with fillers to lessen time's

bootprint on the face, Carruthers says facelift numbers are actually down from previous years.

"We lose volume in certain areas as we age," she points out. "Fillers were about filling in a line or wrinkle, but they've become more important when it comes to replacing volume. They give a softer effect than, say, cheek fillers, and work better with each patient's unique features." Fillers also mean no down time and relatively little discomfort.

Dr. Diane Wong, owner of Glow Medi Spa in Toronto's Yorkville area, says most women still don't want anyone to know they're having anything done.

"My patients don't want the skating-rink forehead; they'd rather keep a few fine lines or small wrinkles. So I take a baby-steps approach." Her objective is not to change the face, but simply to rewind a few years. Wong's under-treat philosophy sometimes has the occasional patient thinking she can't see a difference, but Wong says it's because over time patients adjust to the changes.

"Going through all the 'before' photos we took together always reassures them."

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**Customer Testimonial** - I'd heard about Morning Rise & Shine from a friend who said it gave her that needed edge so I tried it and now it's a part of my morning ritual!  
G. Solomon - Winnipeg MB

Created by  
**RoseMarie Pierce, B.Sc. Pharm.,  
Holistic Pharmacist**  
RoseMarie is a highly respected lecturer, writer, and media personality within the natural health industry.



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Alicia Keys is dating a music producer. Hip-hop star Swizz Beatz — who is currently divorcing his estranged wife, U.S. singer Mashonda — has confirmed he and the singer are in love. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

# Entertainment

EDITOR: DEAN.LISK@METRONews.CA

## Nixon engaged

While speaking at a rally for gay marriage over the weekend, Sex and the City's Cynthia Nixon announced her engagement to girlfriend Christine Marinoni, according to Access Hollywood. **METRO WORLD NEWS**

# More than just an action hero

Actor Sam Worthington spreads his wings

NED EHRBAR  
Metro World News

Sam Worthington is being set up to be the next big action star, but for now he's more concerned with finding a place to live. "I go where the work is," he admits. "I don't have a real home."

Hoping to start a career hot streak, Worthington opens this weekend in Terminator Salvation alongside Christian Bale. And over the next year, he'll be popping up in a number of other high-profile projects. "I'm doing as much as I can until people realize I'm a sham," he says, grinning.

Four years ago, director

James Cameron tapped Worthington to star in the much-hyped Avatar, which is still in post-production. So the actor sold his home and everything in it, packed up two bags and left to film in Los Angeles and New Zealand. "I've still only got two bags — a bag of books and a bag of clothes. That's about it," he says with a shrug.

But Worthington isn't complaining. Far from it — he's enjoying getting to play on big sets and promote massive studio films. "You don't get into this profession for your movies not to be seen, to just show them to your mates at home," he says. "I like the fact that people are going

## Movie feature

to get to see my work and then, fingers crossed, hopefully like what I'm producing. We'll soon find out, won't we? Or I won't be working next year."

Speaking of next year, Worthington is currently filming a remake of the '80s Greek mythology epic Clash of the Titans, due next March — "I'm running around in a dress killing everything" is how he describes it. But he hopes audiences can see him as more than just an action hero. "I don't mind taking a few knocks. I'm a boy. But hopefully it's not just, 'Sam's an action dude.' That's not what I



Sam Worthington stars alongside Christian Bale in Terminator Salvation, which opens this week.

want," he says.

Still, while filming Last Night, a relationship drama with Keira Knightley

and Eva Mendes, Worthington didn't quite get the same thrill. "I craved a gun and a sword, to be

honest with you," he says. "It was bizarre. In the kissing scenes, I wasn't getting the same kind of rush."

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5/19/09	31	31	31	ABC	News (N)	ABC World News	Inside Edition	Chronicle	Dancing With the Stars	Dancing With the Stars The winner.		
	7	7	7	ASN	The Road to Avonlea		Instant Star	TMZ (N)	Dancing With the Stars	Dancing With the Stars The winner.		
	11	11	11	CBC	CBC News Special (Live)		NHL Hockey Playoffs -- Teams TBA	(HDTV) (Live)				
	2	2	2	CBC-F	Urgences (SC)		Des squelettes	Tout	Beautés désespérées (SC)	Bons baisers de France (SC)	Le Téléjournal	
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	NCIS 'Aiyah' (N)	The Mentalist (N)	Without Trace	
	69	69	69	CFTM	TVA 18 heures	Sûreté-salé	Qui perd gagne (SC)		La Fiebre de la danse (SC)	Nos étés (SC)	TVA 22 heures	
	6	6	6	CHIF	Entertainment	ET Canada	90210 (N)	NCIS 'Aiyah' (N)	Durham County	News (N)		
	9	9	9	CJCH	etalk	Hollywood	Law & Order: SVU		American Idol	The Mentalist (N)	News (N)	
	10	10	10	ELTV	(6) EastLink Television				Podium TV	EastLink Television		
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	American Idol	Glee "Pilot" (HDTV) (N)	Fox First	
news	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Outrageous	Law & Order: SVU	Law/Ord SVU	
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour	CBC News: The National	National	
	4	4	4	PBS-D	NewsHour With Jim Lehrer	Greater Boston	La Plaza-Maria		Nova (DVS)	Frontline (HDTV) (DVS)	Honorable Son	
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus		Nova "The Bible's Buried Secrets" (HDTV) (DVS)	Frontline		
	68	68	68	TQS	Rire et délire	Chemin du golf	Loft Story	Suite 309	Lipstick Jungle (SC)	Pushing Daisies (SC)	110 pour cent	
	23	23	23	BNN	Headline	Headline	Market Call	Commodities	Workopolis TV	Squeeze Play	Market Call	
	18	18	18	CNN	Situation Room-Wolf Blitzer	Lou Dobbs Tonight			Campbell Brown: No Bias	Larry King Live (N)	Cooper 360	
	54	54	54	GOLF	Golf Central	Top 10	Lessons	Inside PGA	The Approach	Happy Gilmore ** (1996, Comedy) Adam Sandler.		
	52	52	52	RSE	Hockey Central	Sportsnet Con.	CHL Hockey MasterCard Memorial Cup -- Kelowna Rockets vs. Windsor Spitfires. (HDTV) (Live)				Sportsnet Con.	
	55	55	55	SCOR	HSR	Cabby Unlimit	Score Update	Poker Challenge	Draft Lottery	Canadian Poker Tour	Score Tonight	
sports	45	45	45	SPD	Unique Whips		Pimp My Ride	Pass Time	Pimp My Ride	Drag Race	Drag Race	Super Bikes!
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey E:60 (N)		Latest Buzz	NBA Basketball: Western Conf. Final		
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han, Montana	Zack & Cody	Wizards-Place	Life Derek	Ned's School
	44	44	44	TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	Futurama	American Dad	Robot Chicken
	26	26	26	TREE	Wonder Pets	Big & Small	Backyardigans	Night Grdn	Mal & Ruby	Little Bear	Maggie-Beast	Comfy Couch
	27	27	27	YTV	Drake & Josh	iCarly	Karaoke Star	Survive This	Malcolm-Mid.	Family Biz (N)	Prank Patrol	Falcon Beach
	16	16	16	A&E	Cold Case Files (HDTV)		CSI: Miami (HDTV)		The First 48 (HDTV)	The First 48 (HDTV)	The First 48	
	70	70	70	APTN	News (N)		Wings-Canada	Storytellers	Wapos Bay	Cashing In	Fish Out	The Rez
	50	50	50	BET	106 & Park: BET's Top 10 Live				Barbershop ** (2002, Comedy) Ice Cube.	Mixed Blessing	College Hill	
	37	37	37	BRVO	Street Legal		The Jackie Washington Story		At the Concert Hall	Crossroads of Rock 'N' Roll	Bravonews	
family	25	25	25	CMT	Karaoke Star Junior		Karaoke Star	Cheer Moms	Home Improve.	Home Improve.	Reba	Hope & Faith
	49	49	49	COM	Laughs	Comedy Now	World's Wildest Police Videos	Just for Laughs	Cornier Gas	The Simpsons	South Park	Roast-Saget
	153	153	153	COURT	Killer Next Door		Daily Planet (N)		Body-Evidence	Killer Forensics	Police Videos	
	38	38	38	DISC	Destroyed	Destroyed	House Hunters	Property Virgin	How It's Made	How It's Made	One Way Out	Deadliest
	34	34	34	HGTV	Holmes-Homes	Holmes-Homes	NCIS "Requiem"		HGTV's Top 10	SarahCottage	Design Inc.	House Hunters
	46	46	46	HIST	Crime Stories		On Set	Instant Star	Sandhogs	Crime Stories	Crime Stories	NCIS
	17	17	17	MM	CollegeHmr	Video on Trial	One Tree Hill		On Set	CollegeHmr	Video on Trial	Degrassi: TNG
	19	19	19	MMM	mtm101.ca		The Daily Fix		Hogan Knows	Hogan Knows	Entourage	
	201	201	201	M1	(6:15) Evan Almighty		Flawless ** (2007, Crime Drama)	Michael Caine.	Departures	Indiana Jones and Crystal Skull	Mantracker	Bounty Hunter
	48	48	48	OLN	The Amazing Race 2		Dog the Bounty Hunter		Le Bateau	Le Bateau	Home Videos	
cable variety	51	51	51	PEACH	Seinfeld	Friends	MLB Baseball Colorado Rockies at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)		Grands reportages (SC)	Ghostbusters *** (1984, Comedy)	RDI en direct	
	206	206	206	PIX	The Gate	(7:45) Dive Bomber ** (1941, Adventure) Errol Flynn, Ralph Bellamy.			Mutant X	The Last Templar * (2009, Adventure)		
	67	67	67	RDI	RDI en direct	RDI en direct	24 Hours en 60 minutes		Rich Poor	Rich Poor	Rich Poor	Rich Poor
	39	39	39	SHOW	Wife Swap		The Outer Limits		Star Trek: Voyager	Torchwood	Extreme Ghost	
	40	40	40	SLICE	The Mom Show		Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Poor	Rich Poor
	47	47	47	SPACE	Stargate SG-1		Stargate Atlantis	(DVS)	Star Trek: Voyager	Torchwood	Extreme Ghost	
	14	14	14	SPICE	CSI: Crime Scene Investgtn.		CSI: Crime Scene Investgtn.		CSI: Crime Scene Investgtn.	Deadliest Warrior (HDTV)	Warrior	
	98	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Look-A-Like	Tonight Show
	21	21	21	TLC	What Not to Wear		Dwarfs: Big Steps		Little People: Just Married	17 Kids and Counting	Painted Babies	
	34	34	34	TROP	What Happen?	What Happen?	Vanity Insanity	Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy
THE BOUNCE	20	20	20	TVS	Que-champion	Journal de Fr2	Survive		Pekin express: la route des Incas	Quantum Leap	Trains comme les autres	
	28	28	28	V	Murder, She Wrote		Watchtower	On the Buses	Missing "Paper Anniversary"	Missing	I Prophesy	
	97	97	97	VIVA	Mysterious Ways		Judging Amy		Remedy Me	Keep Real	Style by Jury	Good Naked
	22	22	22	W	Style by Jury	Style by Jury	Will & Grace	Friends	Style by Jury	Style by Jury	Style by Jury	Style by Jury
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	MLB Baseball Chicago Cubs at St. Louis Cardinals. (HDTV) (Live)			

## critics' corner

### The Mentalist

As the team investigates the murder of a girl and the abduction of her sister, Lisbon (Robin Tunney) begins to suspect Patrick (Simon Baker) is being drawn into a trap set by Red John, the twisted serial killer who murdered Patrick's wife and daughter, in the season finale, "Red John's Footsteps." Tim Kang, Owain Yeoman and Amanda Righetti also star. 10 PM on CBS, CJCH



### The Jackie Washington Story

This special profiles one of Canada's musical treasures: the bluesman who has worked with everyone from Duke Ellington to Joni Mitchell. Born in 1919 and only two generations removed from slavery, he has been performing since age 5 and has a repertoire of more than 1,200 songs. 8 PM on BRVO

### Glee

Producer Ryan Murphy moves on from the dark, kinky world of his "Nip/Tuck" in this lighthearted comedy about an upbeat Ohio high-school teacher (Matthew Morrison) who agrees to try to jump-start the school's glee club, which has become a haven for outcasts. Jessalyn Gilsig, Stephen Tobolowsky and Lea Michele also star in this sneak preview ordered before the show joins the weekly Fox lineup in the fall. 10 PM on FOX



# Halifax

## The city that touches your soul

It's your hometown and your historic city by the sea offers you so much to do and discover. You already know Halifax's history, but what about its arts, culture, nightlife, cuisine and wine? Have you taken the time to explore what's outside your backdoor with its coastlines, fishing villages and beaches only minutes from the heart of the city? And feel the warmth and welcome of our city's defining feature: its people, you.

### Explore your hometown

Follow in your ancestor's footsteps, where princes, privateers and press gangs roamed, as you stroll through the safe, walkable downtown experiencing more than 250 years of your city's history. The heart of your hometown is Halifax Harbour, the second largest natural harbour in the world, and the boardwalk that hugs its shore is alive with pedestrian and maritime traffic. Your city has an impressive array of museums, galleries, historic sites, colourful gardens and lively nightlife. Unique areas and neighbourhoods offer fashionable boutiques and whimsical craft shops as well as diverse restaurants to choose from, with everything from fresh, local seafood to international favourites on the menu. Halifax offers an abundance of entertainment options. 18 annual key festivals anchor our entertainment options, celebrating arts, food, entertainment, and music. This summer, check out Catch! Nova Scotia Seafood Festival (June 27-28), the Atlantic Jazz Festival (July 10-18), the Tall Ships Nova Scotia Festival (July 16-20) and Halifax International Busker Festival (August 6-16), just to name a few. Your go-to-guide for what's happening in the city is [www.destinationhalifax.com](http://www.destinationhalifax.com) where you can always keep up to date on festivals, concerts, sporting events and more.

### Bright City, Bright People

Your city's nightlife is vibrant—a colourful array of hot spots, from boisterous pubs, to pulsing dance clubs and sophisticated wine bars, all right here for you. Take in



nightly live music from Celtic to blues to rock. With six-degree granting institutions, Halifax is a bright place, teeming with the youthful energy of students and of learning. There's no question why your city beams with hometown pride.

### Deep Sense of History & Culture

Halifax exudes culture and history on every street corner, where buildings dating back to 1749 share waterfront vistas with modern glass office towers. Each day, the ceremonial 'noon gun' fires at the Halifax Cit-

adel National Historic Site, an 18th century fortress in the heart of your downtown core. Another National Historic Site, Pier 21 - Canada's Immigration Museum, tells the personal stories of the one million people who passed through the doors between 1928 and 1971. Step back in time with a tour of Alexander Keith's Brewery, the oldest working brewery in North America where you'll be treated to a mug or two of famous India pale ale along with Nova Scotian songs and tales. Life here revolves around the sea and your Maritime history is an



essential part of your city, beautiful Halifax.

### Close to Nature

Part of the joy of living here is how close you are to na-

ture. Within minutes from the downtown core, you can be fishing, surfing, hiking, or sea kayaking. Sink your toes into the white sand beaches, or sit on the rocks

at Peggy's Cove as the crashing waves mesmerize you and you sink slowly, deeply into the moment.

### Enter to win

Enter the Halifax Tall Ships contest at [destinationhalifax.com/metro](http://destinationhalifax.com/metro), which runs from May 13 until June 12, for your chance to win a VIP prize package during the July 2009 Tall Ships Festival. One lucky winner and their guest will get two nights in a luxury cabin aboard the Tall Ship Caledonia (July 16 & 17, 2009), docked alongside the visiting ships in the Halifax Harbour (breakfast included!), as well as a \$150 gift certificate to historic Five Fishermen restaurant in downtown Halifax, and a Tall Ships Festival package (including t-shirts and free admission to all ships and entertainment tents). Entrants to the Tall Ships contest can earn bonus entries by playing the interactive web game, where they can race Tall Ships across the finish line in Halifax Harbour.

\*\*\*

For more information on ways to explore your beautiful city, including perfect day trips, getaways, and even vacations for your family and friends, visit [destinationhalifax.com](http://destinationhalifax.com). You'll find packages to suit every type of trip from family fun to culinary and wine themed packages to shopping to romantic getaways. Watch for weekly sell-offs and value-added offers. To stay up-to-date with the latest Halifax news and events, sign up for the E-Halifax newsletter at [destinationhalifax.com](http://destinationhalifax.com).

[www.destinationhalifax.com](http://www.destinationhalifax.com)







Gerard Butler is heading to court to face assault charges, according to Hollyscoop. Butler allegedly punched a photographer and split his lip last October; he claims the paparazzo had been stalking him. If convicted, he could face six months in jail. **METRO WORLD NEWS**

**Gerard's day in court**

## Celebrity Buzz

# Icy mood at birthday bash?

**TROUBLE AT HOME** Jon and Kate Gosselin made their first public appearance together in two weeks — for TV cameras, us-magazine.com reports.

The couple celebrated their sextuplets' fifth birthdays by throwing a party at the Blue Falls Grove water park in Pennsylvania Sunday. Alexis, Hannah, Aaden, Collin, Leah and Joel

played with their older sisters, twins Mady and

Cara, and a few pals as a crew caught it all on film. (The celebration was a week late: Kate spent the afternoon of the sextuplets' actual birthday — Mother's Day — at a tanning salon.)

Jon and Kate hardly interacted at all, according to an eyewitness.

Jon took time to chat with Steve Neild

— the bodyguard his wife became so close to that Jon once considered hiring a private investigator, as the newest issue of Us Weekly reports. The couple left in separate cars.

Jon and Kate haven't been spotted together since the Pennsylvania Women's Show on May 2.

"Six months ago, Kate came to Jon and said, 'Hey, it's over,'" Kate's brother, Kevin Krieder, reportedly told radaronline.com last week. **METRO NEWS SERVICES**



## Fergie cops to bisexual past

**THE PAST** Though she's now settled down with husband Josh Duhammel, Black Eyed Peas singer Fergie admits she has a bit of a wild past — and that past

includes having sex with women. "Put it this way, I've experimented definitely, but I have never had a steady girlfriend," she says in an interview with the Sun.

**METRO WORLD NEWS**



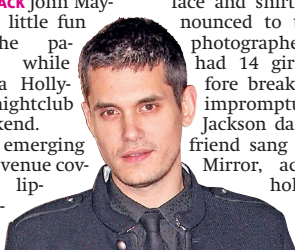
## Mayer's paparazzi prank

**GETTING BACK** John Mayer had a little fun with the paparazzi while leaving a Hollywood nightclub this weekend.

After emerging from the venue covered in lip-stick kisses on his

face and shirt, Mayer announced to the waiting photographers that he had 14 girlfriends before breaking into an impromptu Michael Jackson dance while a friend sang Man in the Mirror, according to hollywood.tv.

**METRO WORLD NEWS**



## No Paris Hiltons in my backyard: Neighbour

**NEIGHBOURLY LOVE** Paris Hilton's new neighbour wants her gone — and he's willing to pay.

After having Hilton in the area for just five days, the Hollywood Hills resident is fed up with the repeat visits from the cops for loud parties, screaming and yelling, and vandalism, according to TMZ.

He even tried taking it up politely with Hilton's boyfriend, Doug Reinhardt, who reportedly told him, "This

is what you have to expect because Paris and I are public figures."

So the angry neighbour is taking it up with Hilton's landlord.

Hilton's home reportedly rents for \$22,000 US a month — and the neighbour is offering to pay \$27,000 as long as Hilton gets the boot. **METRO WORLD NEWS**



## Brit's spending problem?

**PERFECT MATCH** Last week, it was reported that Kevin Federline can't make ends meet on \$40,000 US a month.

But that's nothing compared to the spending report made public last week for Britney Spears.

According to TMZ,

Spears' total expenses between February and December of last year totaled \$10.1 million, including \$447,633 for security, \$625,000 for Federline's legal fees — and \$3,400 for Christmas lights.

**METRO WORLD NEWS**



## Lady GaGa's little keepsakes

**ODDITY** Pop singer Lady Gaga is famous for her odd approach to pop music, but she has other interesting rituals, too. The singer says that after she sleeps with someone, she likes to leave a false eyelash behind as a souvenir.

"Whenever I have a lover I leave them in their apartment on the pillow," she tells Independent magazine. "Kind of like a keepsake."

**METRO WORLD NEWS**

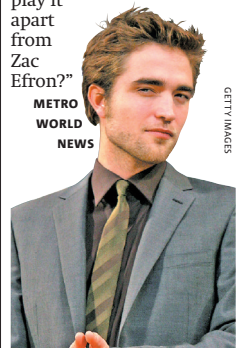
## I'm ugly, Zac's hot: Robert

**FALSE MODESTY?** Robert Pattinson admits that he wasn't too keen on auditioning for the role that made him famous in Twilight because he didn't think he was attractive enough.

"The Edward in the book is like an enigma of everything that's perfect about a man. It's like, 'He walked into a room and it hurts to see how beautiful he is.' It's just kind of embarrassing," he tells Look magazine.

"I felt like an idiot going into the audition. Who could possibly play it apart from Zac Efron?"

**METRO WORLD NEWS**



GETTY IMAGES

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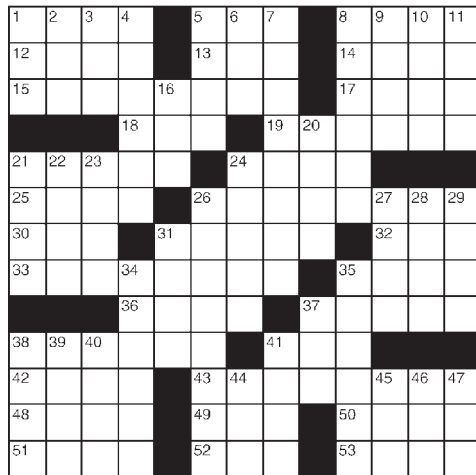
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### Crossword across

- |                                  |                           |
|----------------------------------|---------------------------|
| 1 Polygraph finds                | 31 One-on-one exams       |
| 5 Jewel                          | 32 Compete                |
| 8 Emoticon, often                | 33 Coverings              |
| 12 Against                       | 35 Arizona city           |
| 13 Floral neckwear               | 36 Keger's pathway        |
| 14 Winter forecast               | 37 Talk-show group        |
| 15 Yellowtail fish               | 38 Mexican entree         |
| 17 Roll call reply               | 41 Cribbage scorer        |
| 18 Hasten                        | 42 PC symbol              |
| 19 Chest component               | 43 They're catching       |
| 21 Fire                          | 48 Gaelic                 |
| 24 Bruin                         | 49 Charged bit            |
| 25 Ripped                        | 50 Nastase of tennis lore |
| 26 Fun-loving women of the 1920s | 51 Whatever's left over   |
| 30 Common Mkt.                   | 52 Fox competitor         |
|                                  | 53 North Sea feeder       |

### Crossword down

- |                               |                         |
|-------------------------------|-------------------------|
| 1 Part of UNLV                | 24 Boombox sound        |
| 2 Hostel                      | 26 Wild                 |
| 3 Greek vowel                 | 27 Still                |
| 4 Gas thief's device          | 28 Get up               |
| 5 Merriment                   | 29 Cachet               |
| 6 Always, in verse            | 31 October stone        |
| 7 Slip-ups at the poker table | 34 Pluto, once          |
| 8 One of the black keys       | 35 Heckle or Jeckle     |
| 9 From the beginning          | 37 Energy               |
| 10 Heart                      | 38 Layer                |
| 11 Basin accessory            | 39 Farm fraction        |
| 16 Trench                     | 40 Rolling stone's lack |
| 20 Knocks                     | 41 Cookware             |
| 21 Mulligan, e.g.             | 44 Plagiarize           |
| 22 Gardener, at times         | 45 Right angle          |
| 23 Killer whale               | 46 Cage component       |
|                               | 47 Get a glimpse of     |

### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	9	8	4	7	5	1	2	3
4	3	1	9	2	6	7	8	5
7	5	2	8	3	1	4	9	6
5	7	3	1	9	8	6	4	2
2	8	9	6	4	3	5	1	7
1	4	6	2	5	7	9	3	8
9	6	5	3	1	2	8	7	4
8	2	4	7	6	9	3	5	1
3	1	7	5	8	4	2	6	9

Find today's answers + play more games at [metronews.ca](http://metronews.ca)

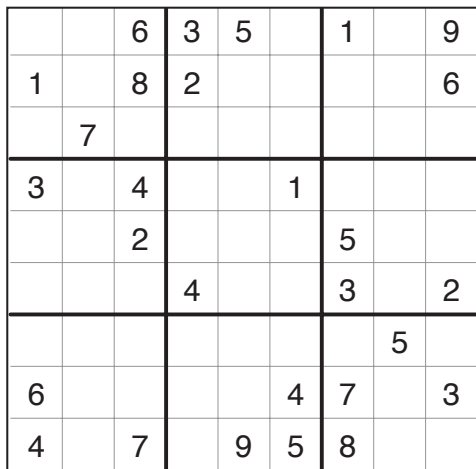
### SUDOKU SOLVE TIME:

- |              |         |           |                 |
|--------------|---------|-----------|-----------------|
| Under 13 min | Genius  | 17-21 min | Smart           |
| 13-17 min    | Scholar | 21-25 min | Not bad         |
|              |         | 25+ min   | Keep practising |

### Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### Metro Recipe of the Day



### Chicken Chow Mein

#### INGREDIENTS:

- 4 skinned and boned chicken breast halves cut into bite-size strips
- Nonstick cooking spray
- 2 tbsp (25 ml) vegetable oil
- 2 stalks celery, cut into 1-in. (2.5-cm) pieces
- 2 medium yellow onions, halved and sliced
- 2 cloves garlic, minced
- 1 1/4 cups (300 ml) low-sodium chicken broth
- 1/4 cup (50 ml) low-sodium soy sauce
- 2 tbsp (25 ml) cornstarch
- 1 tbsp (15 ml) firmly packed brown sugar
- 1 can (14 oz/398 ml) mixed Chinese vegetables, drained
- 1 can (8 oz/199 ml) sliced water chestnuts, drained
- 3 cups (750 ml) chow mein noodles

#### METHOD:

1. Rinse chicken; drain and pat dry. Coat wok or heavy 12-in. (30-cm) skillet with cooking spray. In wok or skillet, heat 1 tbsp (15 ml) oil over moderately high heat. Add chicken and stir-fry until cooked

- through, 3 minutes. Using slotted spoon, remove chicken from wok. Cover and keep warm.
2. Heat remaining 1 tbsp (15 ml) oil in wok. Add celery, onions and garlic. Stir-fry until almost tender, 2 minutes.
3. In small bowl, whisk chicken broth, soy sauce, cornstarch and brown sugar. Add to wok along with Chinese vegetables and water chestnuts. Bring to boil and cook until sauce thickens and vegetables are heated through, 1 minute.
4. Return cooked chicken along with any juices to wok. Bring to boil and cook until heated through, 1 minute. Spoon chicken mixture over chow mein noodles.

**SERVES 4**

[rd.ca](http://rd.ca)



### Horoscopes by Sally Brompton

[sallybrompton.com](http://sallybrompton.com)

#### ARIES

MARCH 21-APRIL 20

You may be tempted to do something outrageous but there's a danger you'll go too far and others will think you're too extreme.

#### LIBRA

SEPT 23-OCT 23

You may be entitled to feel pleased with yourself but even better opportunities are now coming your way. Always aim higher.

#### TAURUS

APRIL 21-MAY 21

The sun may be ending its transit of your sign but you'll get a final throw of the dice today; your lucky number will come up.

#### SCORPIO

OCT 24-NOV 22

You can expect some kind of reward for working with others towards a common aim or goal over the past few weeks.

#### GEMINI

MAY 22-JUNE 21

The sun's entry into your birth sign tomorrow marks an exciting new phase, in which you'll be encouraged to aim higher than ever.

#### SAGITTARIUS

NOV 23-DEC 21

A friend or colleague may have done something shocking but you don't know the tangle of reasons for it; try not to be judgmental.

#### CANCER

JUNE 22-JULY 22

Act on impulse today. Not only will you have a lot of fun but you'll impress people who can help make your dreams come true.

#### CAPRICORN

DEC 22-JAN 20

Let those who are trying to impose limits on what you say and do know you'll never assent to that kind of censorship.

#### LEO

JULY 23-AUG 23

This could be one of the best days for getting things done, especially at work. you can win over colleagues and employers.

#### AQUARIUS

JAN 21-FEB 18

You won't lack advice, but the sun's upcoming transit of the most dynamic area of your chart will encourage you to do your own thing.

#### VIRGO

AUG 24-SEPT 22

Make an effort to reach out to people today, especially people you look up to. You can never have too many powerful friends.

#### PISCES

FEB 19-MARCH 20

The more of an effort you make to be nice to people today the more likely it is that Lady Luck will smile on you.

### WORDY GURDY®

1. Violently wiggle a cobra (1)
2. Waist circler made of a trapper's hide (1)
3. "The Apprentice" boss's sugar blocks (1)
4. Sniff a conch (1)
5. S.F. team's ocean cruise ships (2)
6. Chivalrous one with exceptional ability (2)
7. Final-choice-making exactitude (3)

BY TRICKY RICKY KANE  
Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.  
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Playa Turquesa • 4 ★

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Superior rm.  
June 6 • 20 • 1 wk.

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Taxes & fees: \$233

### Punta Cana via Toronto

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Punta Cana • 4 ★

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**\$749**

Taxes & fees: \$327

### Santa Clara via Toronto

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Taxes & fees: \$233

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### Nassau, Bahamas

via Toronto

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Studio deluxe suite

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**\$1129**

Taxes & fees: \$249

### Liberia, Costa Rica

via Toronto

Occidental Grand

Papagayo • 4 1/2 ★

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